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### Ron Grisamer: No problem getting around

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IMMEDIATELY

RON GRISAMER: NO PROBLEM GETTING AROUND

brown/mkh  
7-29-77  
state + csBy Cathy Brown  
UM Information Services

MISSOULA--

Although he is paralyzed from the chest down, Ron Grisamer, a 28-year-old education major at the University of Montana in Missoula, finds that regular use of the three-wheel bicycle he assisted in designing helps him live an active life and stay in good physical condition.

"Sitting around would drive me up a tree," claims Ron, who is from Ronan.

And he certainly doesn't "sit around." He rides horses, swims, lifts weights and hand pedals his specially-made bicycle six to 10 miles every day.

Ron once used a stationary hand-pedaled bicycle as an exercise device. From this concept, he developed a three-wheel bike he could use for transportation and to save gas.

It took five months for Ron, Thomas Ballard and Daniel Gould at the Custom Bicycle Shop in Missoula to design and construct the bike, which has three gears and a 24-inch back wheel base. A hitch on the bicycle enables Ron to tow his wheelchair close behind.

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The bicycle, which cost \$900, was paid for by the/Rehabilitation Center.

Michael Leery, Helena, a physical therapy student at UM, said a bicycle like Ron's would be extremely useful in rehabilitation centers and physical therapy departments because it would provide patients with a means of exercising outdoors.

"By using such a bicycle in their departments, therapists will be dealing with their patients' disabilities in a more realistic manner," Leary said. "In this respect, therapists are asserting their right to be imaginative and unique in therapy programs while also providing their patients with better service."

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Ron said in the six months he had owned the bicycle, he has ridden it over 1,200 miles and missed only one day of riding it to and from the UM Campus.

"Because I ride the bike so often and do other exercises, I have virtually no problems with my general health," he said.

"A bicycle like mine would be great for other handicapped persons who want to get in shape and have a good time. They wouldn't even have to use it to the extent that I do to derive physical and psychological benefits."

Ron, who was paralyzed nine years ago when he was thrown off a saddle bronc in the rodeo arena, said he used a similar type of bicycle for transportation when he ranched and owned a dairy farm near Charlo.

Now Ron and his new three-wheel bicycle are a familiar sight on the UM campus, where Ron is getting teaching certification in either math or communications. And he and his wife Patricia often take bicycle tours on the weekends.

"Just because you're handicapped, you can't stop living," he said, "and as long as I'm in good shape, I don't have to worry about getting around."

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